

MyPlate Correlates Elementary

Correlates	Grade Level	Grade Level	I Do	We Do	You Do	Botvin LST Connection
Making the Connection: How Emotions Affect Your Health	Grades 3-6	Understand how emotions impact physical health and develop strategies for overall well-being.	Introduce emotional-physical health connections using MyPlate “Healthy Eating for Kids” tip sheet. Highlight how nutrition supports emotional regulation.	Discuss emotions and physical reactions as a group. Practice mindfulness techniques (e.g., deep breathing, progressive muscle relaxation).	Students journal emotions and physical reactions for a day; practice relaxation exercises at home and share their experiences.	Level 1: Dealing with Stress (1 period) – Recognizing stress and practicing stress-reduction techniques.
Healthy Eating & Exercise: Putting It All Together	Grades 5-6	Learn how balanced nutrition and physical activity contribute to lifelong health.	Explain the MyPlate model and portion sizes. Introduce the MyPlate Plan Calculator to create personalized nutrition goals.	In groups, create sample meal plans using MyPlate guidelines. Brainstorm physical activities to complement meal choices.	Create a personal meal plan and complete 20 minutes of exercise; reflect on how they felt during and after the activity.	Level 3: Decision-Making (1 period) – Using the 3-step decision-making model (define options, assess risks, make informed choices).
Nutrition, Health & Exercise: Eating Healthier, Living Better	Grades 4-5	Learn about portion control and making healthy food choices to prevent obesity.	Teach portion sizes with everyday examples (e.g., protein = palm of hand). Discuss supersized portions and their impact on health.	Measure portions using real food items. Compare supersized portions with healthy serving sizes as a group activity.	Track meals for a day focusing on portion sizes; prepare a healthy snack at home using MyPlate recommendations.	Level 2: Self-Esteem (1 period) – Identifying personal strengths and reframing thoughts about positive behaviors like healthy eating.
Healthy Choices, Healthy Me	Grades 3-5	Understand risks of poor dietary habits and explore practical ways to make healthier choices.	Use MyPlate “Cut Back on Added Sugars” tip sheet to explain the health risks of excessive sugar. Discuss strategies for healthier substitutions.	Role-play scenarios where students choose healthier options over sugary or processed snacks.	Create a poster promoting healthier choices for the class bulletin board. Try substituting one unhealthy snack at home and share the outcome.	Level 2: Decision-Making (1 period) – Identifying direct and indirect influences on daily decisions, such as peer pressure or advertising.
Ten Reasons to Get in Shape	Grades 4-6	Learn the benefits of physical fitness and develop a weekly activity plan.	Discuss the top 10 benefits of exercise using MyPlate “Be Active Your Way” resources. Explain how regular activity improves mood and overall health.	Brainstorm fun physical activities as a group. Create a weekly activity schedule that includes enjoyable fitness options.	Create a personal weekly fitness plan. Try one new activity during the week and write about the experience.	Level 3: Dealing with Stress (1 period) – Using physical activity as a positive outlet for stress management and time-management skills.